

# Brisbane **MARATHON** Festival



4-5 JUNE 2022

## COMPETITOR GUIDE



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# WELCOME



## **RUNNERS, SUPPORT CREW, VOLUNTEERS AND SPONSORS, WELCOME TO THE BRISBANE MARATHON FESTIVAL 2022.**

We're excited to bring you a spectacular new course and exciting event precinct to celebrate the 30th Brisbane Marathon Festival.

Thank you to all the participants, Volunteers, Sponsors and Partners who have supported the event.

We welcome back past entrants, sponsors and local community groups who have all grown to feel as proud of being part of this day as we are. We welcome new runners - from those who are on the journey that is their first fun run through to seasoned marathoners and elites who have added this event to their running calendar.

The event has exceeded \$2million for charity and community groups since 1982. It was an impressive milestone and we're aiming to improve on it every year.

These funds go to help our major beneficiaries Ronald McDonald House Charity South East Queensland as well as dozens of other community groups.

Thank you for your ongoing support and passion for this truly local celebration of health and fitness. We hope you enjoy the day and have a great Brisbane Marathon Festival 2022





# WELCOME



Welcome to the 2022 Brisbane Marathon Festival! This year marks a special milestone with the festival celebrating 30 years in our beautiful city.

We are proud to see this much-loved event continue to showcase the best of Brisbane, with this year's new two-lap Marathon course bringing a fresh perspective for participants.

From the city centre and Story Bridge to Kangaroo Point Cliffs and New Farm, runners will soak up some of Brisbane's most renowned sites while our warm winter weather and clear blue skies will provide the perfect setting for participants to hit the ground running.



The Brisbane Marathon Festival has demonstrated that it's more than just a competition. It's also a welcoming event for all ages, backgrounds and abilities to get together and enjoy the outdoors. Proudly supported by Brisbane City Council through Brisbane Economic Development Agency, the Brisbane Marathon Festival has cemented itself as a highlight on Brisbane's major events calendar. Events like this are a big boost to local businesses, attracting visitors who fill hotels, cafes and restaurants and support our local economy.

While you are here, I encourage you to experience everything our vibrant, contemporary city has to offer. Discover our outdoor urban adventures, tree-lined open-air shopping areas and world-class cultural attractions. Have a bite to eat at one of our internationally renowned restaurants or explore our burgeoning lifestyle precincts such as James Street, Howard Smith Wharves and Fish Lane. Enjoy your time in Brisbane and good luck to everyone taking part in the event.

**Adrian Schrinner**  
**Lord Mayor of Brisbane**



# WELCOME



## **Message from the Minister for Tourism, Innovation and Sport and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement.**

The Hon. Stirling Hinchliffe MP

Welcome to Brisbane Marathon, a wonderful opportunity to immerse yourself in Brisbane's local culture and community, and hopefully explore some of the superb tourism experiences on offer here in the Brisbane.

The impacts of the pandemic have provided incredible challenges, but thanks to the hard work of Queenslanders our state was one of the first to put in place a COVID Safe Event Framework which paved the way for events such as this one to take place.



The Queensland Government is proud to support Brisbane Marathon, through Tourism and Events Queensland's Destination Events Program and it is a feature on our It's Live! in Queensland events calendar. Events are an important part of our state's economic recovery from the pandemic because they attract visitors to the region which stimulates the local economy and supports local jobs. Events are also an important opportunity for communities, friends, families and visitors to come together, creating community pride and reconnecting us.

Congratulations to the event organisers and all those involved in organising this event – may it be a successful one.

If you are visiting for the event, I encourage you to make some time to explore the diverse tourism experiences on offer in this beautiful region.

**The Hon. Stirling Hinchliffe MP, Minister for Tourism, Innovation and Sport and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement.**



# EVENT WEEKEND SCHEDULE



## FRIDAY 3 JUNE 2022

TIME	DETAILS	LOCATION
1:00pm	Event Precinct Opens	Event Precinct, City
	Registration opens	Botanic Gardens
	Merchandise Tent opens	
	Expo Opens	
6:00pm	Event Precinct Closes	

## SATURDAY 4 JUNE 2022

TIME	DETAILS	LOCATION
9:00am	Event Precinct Opens	Event Precinct, City
	Registration opens	Botanic Gardens
	Merchandise Tent opens	
	Expo Opens	
4:00pm	Event Precinct Closes	

## SUNDAY 5 JUNE 2022

TIME	DETAILS	LOCATION
5:00am	Bag drop and information tent open	Event Precinct, City
		Botanic Gardens
6:00am	Brisbane Marathon and BHP Half Marathon Race Start	Start Line, Alice Street
6:30am	Expo and Merchandise Tent opens	Event Precinct, City
		Botanic Gardens
6:45am	Mizuno 10km Race Start	Start Line, Alice Street
8:10am	BHP Half Marathon Winners Presentation	Presentation Stage
8:15am	Mizuno 10km Winners Presentation	Presentation Stage
9:15am	5km Race Start	Start Line, Alice Street
9:30am	Marathon Winners Presentation	Presentation Stage
9:40am	5km Winners Presentation	Presentation Stage
10:30am	RMHC 2km Mini Marathon Race Start	Start Line, Alice Street
11:15am	RMHC 2km Mini Marathon Winner Presentation	Presentation Stage
1:00pm	Event close	Event Precinct



MORETON BAY FOOD AND WINE FESTIVAL, BRISBANE,  
20 - 21 AUGUST 2022

# BE FRONT AND CENTRE

[QUEENSLAND.COM/EVENTS](https://queensland.com/events)

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*in Queensland*



# BEFORE THE RACE



## BIB COLLECTION

If you did not opt to have your race bib mailed to you, it must be collected from the Registration Desk at Race Precinct prior to race day.

### Details below:

**Location:** Event Precinct – City Botanic Gardens

### Date / Time:

Friday 3 June, 1pm – 6pm

Saturday 4 June, 9am – 4pm

- Bring your Registration Confirmation with your printed QCode
- *a friend can collect on your behalf with a copy of your registration email*

**Strictly no bib collections on race day.**

## EVENT START TIMES & LOCATION

The start line for all events is at the Brisbane City Botanic Gardens - Alice Street.

### Brisbane Marathon

- Start time: 6am
- Suggested arrival time: 5:30am

### BHB Half Marathon

- Start time: 6am
- Suggested arrival time: 5:30am

### Mizuno 10KM

- Start time: 6:45am
- Suggested arrival time: 6:15am

### 5KM RUN/WALK

- Start time: 9:15am
- Suggested arrival time: 8:45am

### MACCA'S 2KM MINI Marathon

- Start time: 10:30am
- Suggested arrival time: 10am

## TRANSFERS TO ANOTHER DISTANCE

Transfers to another distance must be done in person at the Transfers Desk at Registration on Friday 3 June (1pm - 6pm) or Saturday 4 June (9am - 4pm).

You can transfer to go up or down in distance. There is no fee but you must pay the difference in entry fee (at that time) if you go up in distance. There is no refund for going down distance.

If you have been transferred to this event from another (eg. from 2021 to 2022) then you can transfer to go up or down in distance, but you must do this in person at Registration. There is no fee, but you must pay the difference in entry fee (at that time) if you go up in distance. There is no refund for going down distance.

## TRANSFERS TO ANOTHER PERSON

Transfers to another distance must be done in person at the Transfers Desk at Registration on Friday 3 June (1pm - 6pm) or Saturday 4 June (9am - 4pm).

If you have been transferred to this event from another (e.g., from 2021 to 2022) then you can transfer to another person however you (or the person you are transferring to) must do this in person at Registration. There is a \$15 transfer fee.

## SELF SEEDED STARTING ZONES

Participants in the Brisbane Marathon, BHP Half Marathon, Mizuno 10km and the 5km events are strongly encouraged to position themselves on the start line according to ability.

Personal timing chips will only be activated as runners cross the start line.

## 42.2KM STARTING ZONES



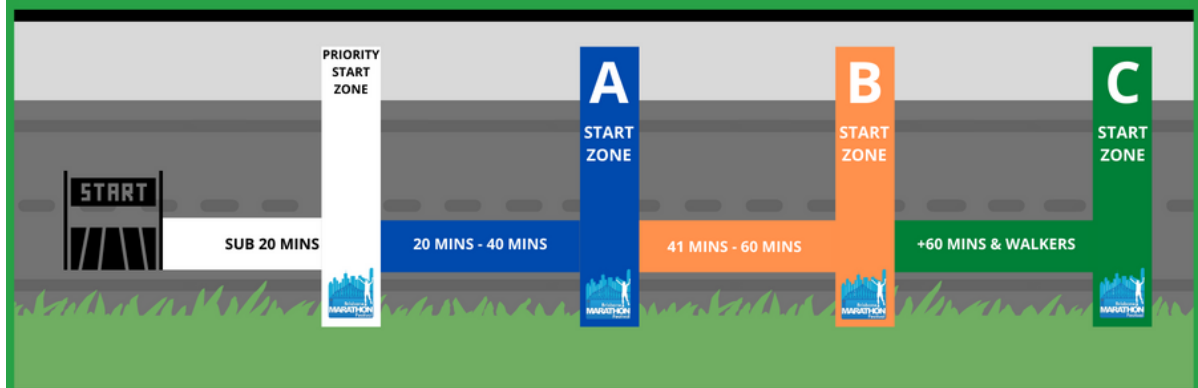
## 21.1KM STARTING ZONES



## 10KM STARTING ZONES



## 5KM STARTING ZONES





# BEFORE THE RACE



## CORRECT EVENT

Ensure you start and finish the event you are registered for, failure to do so will result in your finish time not being recorded. Your event is clearly marked on the front of your race bib.

## SPECIAL NEEDS DRINKS

- Special/personal drinks are for the marathon event only
- Drinks must be in sealed, leak proof containers, no taller than 21cm and clearly marked with your name/race number and the relevant aid station where it is to be placed at
- Special needs can be placed at the 10km, 22.1km & 31.3km aid stations
- Special Drinks are to be left in the designated aid station tub at registration by no later than 2pm Saturday 4 June
- It is your responsibility to find your own special needs bottle at each designated aid station
- Dispose of bottles in waste bins - please do not litter the course
- Unclaimed drinks will be disposed of

## BAG STORAGE

The event bag storage and information tent are in the Event Precinct and open from 5am on Sunday 5th June 2022.

Please attach your personal bag tag found on your race bib (it's a perforated tear off along the bottom) to your bag for easy identification. Please do not leave any valuables in your bags.

## OFFICIAL 2022 BRISBANE MARATHON FESTIVAL MERCHANDISE COLLECTION

Our limited release 30th anniversary edition merch selling fast.

To avoid missing out on your favourite items follow pre order your favourite event merch [here](#).

There will be some merch available for purchase over the event weekend. Visit the store located at the Brisbane Marathon Festival Event Precinct.

Pre ordered merchandise will be available for collection from the Merchandise store at the times below.

Merchandise must be collected at the event.

No merchandise will be mailed out prior to or after race day.

## MERCH STORE OPENING TIMES

- Friday 3 June, 1pm - 6pm
- Saturday 4 June, 9am - 4pm
- Sunday 5 June, 6:30am - 12:30pm

# EVENT PRECINCT MAP





# PARKING



4 - 5 June 2022

Brisbane  
**MARATHON**  
Festival

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**Macarthur Central**

**Central Plaza 1**

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\*Terms and conditions apply. Visit [secureparking.com.au/offers-terms](https://secureparking.com.au/offers-terms)

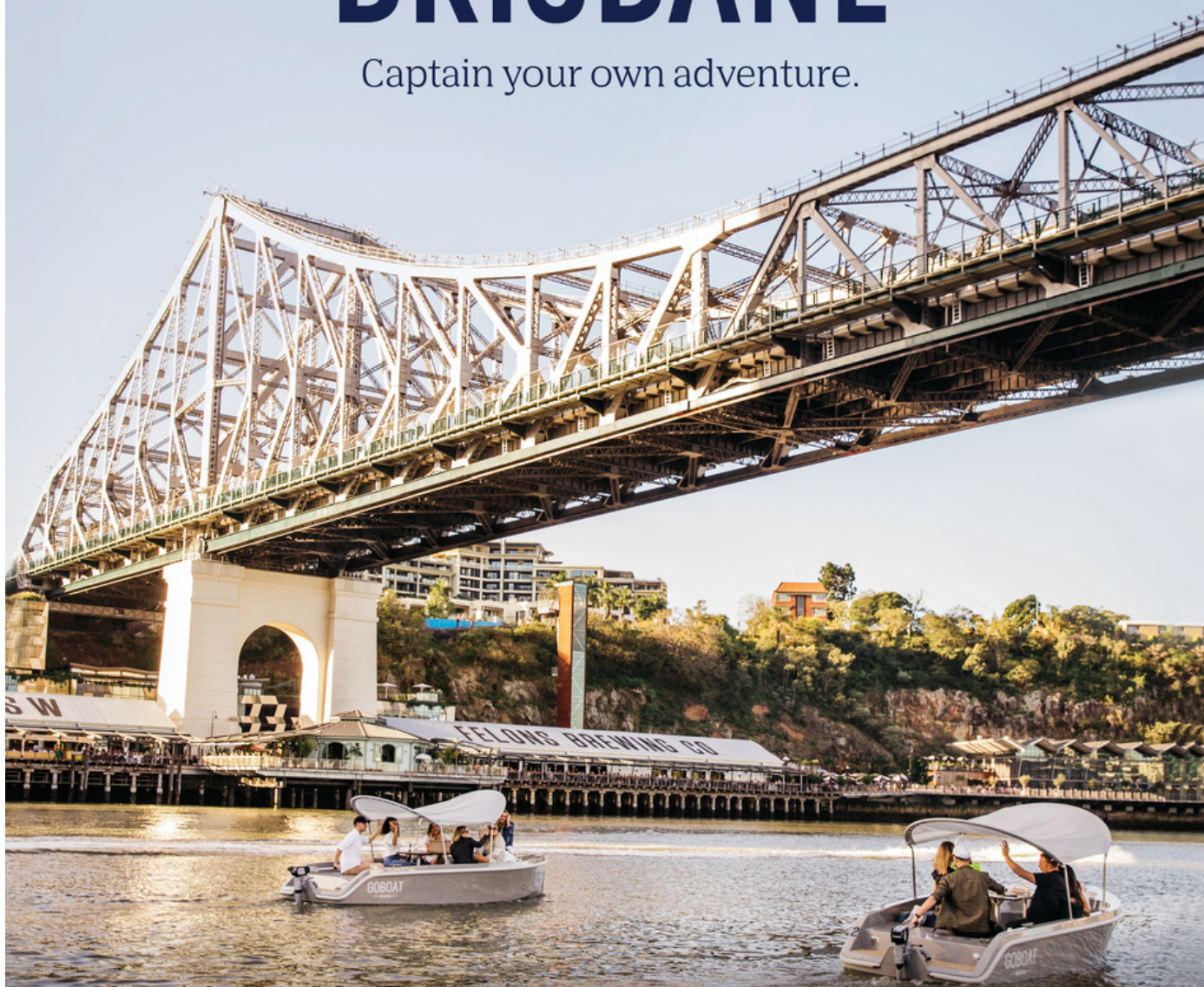
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# PAVE



# DURING THE RACE



## AIMS CERTIFICATION

The Brisbane Marathon is an AIMS certified course. The Brisbane Marathon Festival follows strict guidelines to ensure the distance runners are completing is accurately measured. Brisbane Marathon Festival events provide the ideal opportunity to set a personal best time or record a highly sought after qualifying time for the major marathons around the world including New York and Boston.

## AID STATION

- **AS1A** 3.8km, 24.9km | Full, half & 10km | Water
- **AS1B** 5.2km, 26.3km | Full, half & 10km | Water & Electrolyte
- **AS2A** 7.4km, 28.5km | Full, half & 10km | Water
- **AS2B** 8.5km (10km), 19.4km (half), 40.5km (full) | Full, half & 10km | Water
- **AS3** 10km, 31.3km | Full & half | Water, Electrolyte & Special Needs
- **AS4A** 13.2km, 34.3km | Full & half | Water
- **AS4B** 16.4km, 37.5km | Full & half | Water & Electrolyte
- **AS5** 22.1km (full), 4km (5km) | Full & 5km | Water, Electrolyte & Special Needs

## KILOMETER MARKINGS

Kilometer markings will be clearly signposted every 5km.

## MEDICAL AID

If you require medical assistance please seek attention from our medical staff at the finish line.

## ON COURSE NUTRITION

We are proud to announce Infinit Nutrition will once again be the on course hydration sponsor for the 2022 event. The on course nutrition is the 'Infinit Speed mix' in orange flavour.

This product can be purchased online or at all good sports stores. If you would like to try or train with the fluids that will be used on race day please visit Infinit Nutrition and grab some of the perfect blend. Enter 'ATLAS' when you order your Infinit Nutrition online and receive 10% off your order.

## RUNNING WITH HEADPHONES

Running with headphones is not recommended, however we do allow the use of these while participating. If you choose to wear headphones, please ensure the volume is at a reasonable level so that you are able to hear instruction from course officials. Please keep to the left when possible to allow for faster runners to pass easily. Failure to follow instruction on course will result in automatic disqualification.

## RUNNING WITH PRAMS

You may run with a pram. However, we ask if you can please start at the back of the race to ensure safety for your child as well as respect for other competitors.

# DURING THE RACE



## TIMING

The Brisbane Marathon Festival uses electronic timing. Your personal race time (or net time) will be recorded as you cross the timing mats on the start line and will finish when you cross the finish line mats at the end. Ensure you start and finish the event you are registered for, failure to do so will result in your finish time not being recorded. Your event is clearly marked on the front of your race number.

## GUN TIME / NET TIME

Gun times are for the elites and all runners receive a gun and net time. Age group official times and age group medals will be awarded on net time.

## PACERS

Pacer Runners will be there throughout the event in the marathon, half marathon and 10km distances to help you achieve your running goals.

If you have a set time in mind that you would like to achieve, then our Pace Runners will play a huge part in your race!

## Our 2022 Pace Runners are:

### Marathon

- 3hr – Daniel Williams
- 3hr 15mins – Soonchul Shin & Emmanuel Vergara
- 3hr 30mins – Bin Lu (Aaron) & Thomas Lee
- 3hr 45mins – Adam Bryce & Neil Wood
- 4hr – Reece Crawford & Darrell Giles
- 4hr 15mins – Ervin Chan & Jamie Xie

- 4hr 30mins – Lourens Coetzee
- 4hr 45mins – Kirsty Baker & Dale Murray

## BHP Half Marathon

- 1hr 24mins – Paul Gourlay & Matt Cooper
- 1hr 30mins – Sebastian Pinel & Frank Chan
- 1hr 40mins – Ian Cheong & Paul Dack
- 1hr 50mins – Ryan Kent & Hung Pham
- 2hr – Malcolm Wesener & Yinxin (Steve) Chen
- 2hr 10mins – Natalie Myatt & Steven Houghton

## Mizuno 10km

- 40mins – Bowen Xu
- 50mins – Kiarne Pham
- 60mins – Katie McKenzie
- 70mins – Wendy Gao

Pace Runners can be identified by the InTraining singlets and they will have helium balloons attached them with the pace time and distance clearly marked on it. Make sure your start zone that you enter when registering reflects your goal pace time and be sure to assemble at the start line with your pacer who will encourage you throughout the race.





# COURSE MAPS

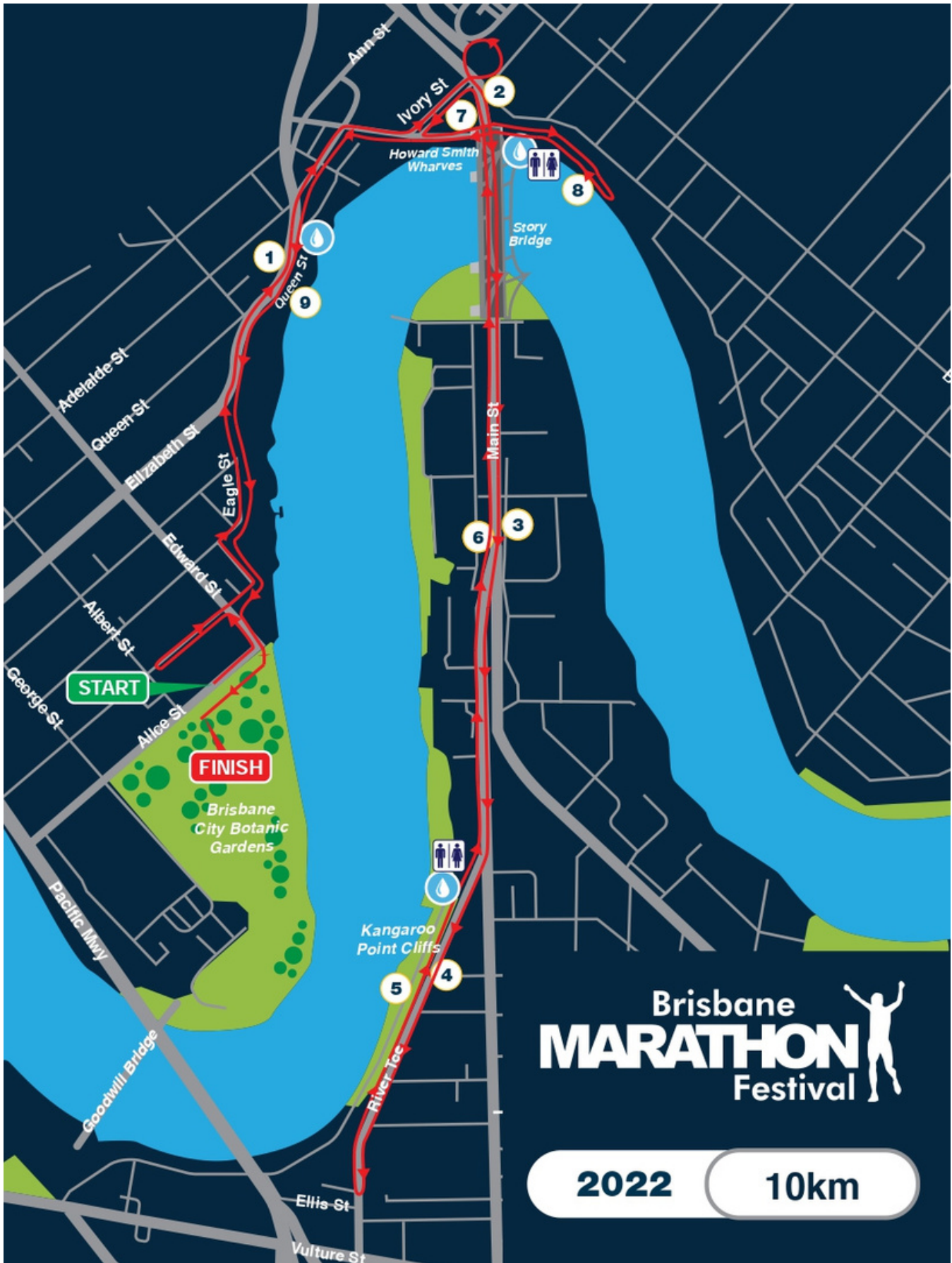


# COURSE MAPS





# COURSE MAPS



# COURSE MAPS





# COURSE MAPS



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T&C'S: SALE IS IN CONJUNCTION WITH THE BRISBANE MARATHON AND IS ONLY AVAILABLE AT INTRAINING AND THE MIZUNO/INTRAINING MARQUEE ON THE SPECIFIED EVENT DAYS. SALE ITEMS INCLUDE LAST SEASON MIZUNO FOOTWEAR UP TO 40% OFF RRP. SALE COMMENCES 14/5/22 AND ENDS 15/6/22. NOT IN CONJUNCTION WITH ANY OTHER OFFER. LIMITED STOCK AVAILABLE.



# AFTER THE RACE



## FINISH CHUTE

Once you have completed your event, keep moving through the finish chute to the recovery area. You do not need to hand back your race number.

## FINISHER MEDAL

All participants will receive their official Brisbane Marathon Festival 2022 finisher medal commemorating their completion of the event. After you exit the recovery area you will pass tables for you to take a finisher medal if you would like to. Please only take one medal for your specific distance. Our staff will assist in this.

## CLIF RECOVERY ZONE

Electrolyte sports drink, water, CLIF Builders protein bars and fresh fruit will be available to participants in recovery. This will be self serve.

## RESULTS

Race results will be available online [here](#).

Results can also be viewed by scanning the QR code on the back of your bib or visiting the link [here](#).

## PRESENTATIONS

Overall winners presentations will commence approximately 30mins after the first three male and female competitors have crossed the line in each event.

## MEDICAL AID

If you require medical assistance please seek attention from our medical staff at the finish line.

## OFFICIAL 2022 BRISBANE MARATHON FESTIVAL MERCHANDISE COLLECTION

Our limited release 30th anniversary edition merch selling fast. To avoid missing out on your favourite items follow pre order your favourite event merch [here](#).

There will be some merch available for purchase over the event weekend. Visit the store located at the Brisbane Marathon Festival Event Precinct.

Pre ordered merchandise will be available for collection from the Merchandise store at the times below.

Merchandise must be collected at the event. No merchandise will be mailed out prior to or after race day.

## MERCH STORE OPENING TIMES

- Friday 3 June, 1pm - 6pm
- Saturday 4 June, 9am - 4pm
- Sunday 5 June, 6:30am - 12:30pm







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**MARATHON**  
Festival

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**42.2KM | 21.1KM | 10KM | 5KM | 2KM**

**[hobartmarathon.com.au](http://hobartmarathon.com.au)**



# AFTER RACE DAY



## ITAB MEDAL INSERTS

Celebrate your fantastic achievement at the Brisbane Marathon Festival with iTAB.

Finisher medals are designed to fit an iTAB, a small metallic finished plate with your name and finishing time engraved. Simply affix your iTAB to your medal.

Pre—purchased iTAB medal inserts will be posted to your registered postal address following the event.

Allow up to 30 business days for postage.

## EVENT PHOTOGRAPHY

The team from Marathon-Photos will be capturing your experience on race day. Remember to smile for the camera and give them a wave.

Your personal event photographs will be available for purchase online from [www.marathon-photos.com](http://www.marathon-photos.com) following the event.

Keep an eye on Facebook and Instagram for an update on availability.

## PERSONAL RESULTS CERTIFICATE

Your own personalised results certificate will be available online after you finish your event. Simply select your name to download and print your official 2022 finisher certificate

## PRIZES

The first three male and female finishers overall in each event will be awarded prizes on the day. Age group medals are awarded to first place in each category only and will be mailed out after event weekend.

## FUNDRAISING

The Brisbane Marathon Festival is proud to be raising funds for major beneficiary Ronald McDonald House South East Queensland.



# CHANGE TRAFFIC CONDITIONS



Road	Impact	Description	Start Time	Finish Time
Alice St	CLOSED	Albert St - Edward St	3:00 AM	1:00 PM
Edward St	CLOSED	Mary St - Alice St	3:00 AM	1:00 PM
Margaret St	CLOSED	Albert St - Felix St	3:30 AM	1:00 PM
Felix St	CLOSED	Mary St - Margaret St	3:30 AM	1:00 PM
Mary St	CLOSED	Felix St - Market St	3:30 AM	1:00 PM
Spencer Lane	CLOSED	Spencer Lane Closed	3:30 AM	1:00 PM
Market St	CLOSED	Charlotte St - Mary St	3:30 AM	1:00 PM
Eagle St	CLOSED	Market St - Wharf St	3:30 AM	1:00 PM
Queen St	CLOSED	Wharf St - Adelaide St	3:30 AM	12:45 PM
Macrossan St	CLOSED	Queen St - Adelaide St	3:30 AM	12:45 PM
Adelaide St	CLOSED	Queen St - Ivory St	4:00 AM	12:45 PM
Ivory Street	CLOSED	Harrison Lane - Brunswick St	4:00 AM	12:30 PM
Boundary Street	CLOSED	Ivory St - New Farm Riverwalk	4:00 AM	12:30 PM
Ivory Street Tunnel	CLOSED	Ann St - Bowen Tce	4:00 AM	12:30 PM
Story Bridge	CLOSED	Ann St - Main St	4:00 AM	10:30 AM
Main St	CLOSED	Story Bridge - River Terrace	4:00 AM	10:30 AM
River Terrace	CLOSED	Main St - Leopard St	4:00 AM	10:30 AM
Leopard St	CLOSED	Vulture St - River Terrace	4:00 AM	10:30 AM
Merthyr Road	CLOSED	Moray St - Brisbane Riverwalk	4:30 AM	12:00 PM
Moray Street	CLOSED	Bowen Tce - Merthyr Rd	4:30 AM	10:45 AM
Bowen Terrace	CLOSED	Story Bridge - Moray St	4:30 AM	10:45 AM
Griffith St	CLOSED	Merthyr St - Sydney St	4:30 AM	12:00 PM
Oxlade Dr	CLOSED	Sydney St - Brunswick St	4:30 AM	11:30 AM
Brunswick St	CLOSED	Oxlade St - Sydney St	4:30 AM	11:30 AM
Sydney St	CLOSED	Brunswick St - Lamington St	4:30 AM	11:15 AM
Lamington St	CLOSED	Sydney St - Welsby St	4:30 AM	11:15 AM
Welsby/Gray St	CLOSED	Lamington St - Macquarie St	4:30 AM	11:00 AM
Macquarie St	CLOSED	Gray St - Florence St	4:30 AM	11:00 AM
Path	Impact	Description	Start Time	Finish Time
New Farm Riverwalk	Shared		5:30 AM	12:00 PM







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Nova 106.9



The Nova Player



[novafm.com.au](http://novafm.com.au)



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MARATHON**  
& community run festival

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**42.2KM | 21.1KM | 10KM | 5KM | 2KM**

**[sunshinecoastmarathon.com.au](http://sunshinecoastmarathon.com.au)**



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**MARATHON**  
& community run festival

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**EARLY BIRD DISCOUNTS END 8 JUNE 2022**

**#CAIRNSMARA2022**

**42.2KM | 21.1KM | 10KM | 5KM | 2KM**

**[cairnsmarathon.com.au](http://cairnsmarathon.com.au)**





# ENERGY TO KEEP MOVING



## WHEN TO USE



### BEFORE

GIVE YOUR BODY  
WHAT IT NEEDS TO  
PERFORM AT ITS BEST



### DURING

WHAT YOU EAT DURING  
EXERCISE CAN IMPACT  
PERFORMANCE



### AFTER

WHEN MUSCLES  
ARE HUNGRY  
FOR NUTRIENTS



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# 2022 PARTNERS



## 2022 MAJOR BENEFICIARY



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